TRINITY POETRY

A New Form Of Expression

Adelana Victor

Trinity Poetry: A New Form of Expression

This book and all *Trinity Poetry* within are licensed under the **Creative Commons Attribution-Noncommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License**.

This means:

- You are **free to share** (copy and redistribute the material in any medium or format).
- You are **free to adapt** (remix, transform, and build upon the material).

However, you **must**:

- **Give appropriate credit** to the original author (*Adelana Victor Blaqhárt*), provide a link to the license, and indicate if changes were made.
- **Distribute any adaptations** under the same license (CC BY-NC-SA4.0)
- **Not use the work for commercial purposes**, meaning you **cannot** sell, profit from, or use it for any business-related activities without permission.

For full license details, visit: https://creativecommons.org/licenses/by-nc-sa/4.0/

To obtain commercial license contact via: adelanavictor20@gmail.com

© 2025 Adelana Victor.
All rights reserved under **CC BY-NCSA4.0**.

ISBN:

Frist Edition
BROKENN Press

Dedication

To the power of three—
three words, three lines, three truths.
To the poets who dare to distil meaning into simplicity,
who craft entire worlds in the space of a breath,
and who find depth in the fewest of words.
To those who will carry *Trinity Poetry* forward,
who will shape it, redefine it, and make it their own.

And to you, the reader—
may these verses speak to your soul,
may their rhythm echo in your heart,
and may you find poetry in all things.
With threefold gratitude,

Foreword

Poetry is a vessel for emotions, a mirror reflecting the world through rhythm and verse. This book is not just a collection of poems—it is an exploration of language, emotion, and structure.

At its heart lies **Trinity Poetry**, a form built on clarity, balance, and depth. It embraces minimalism, where every word is intentional, every structure purposeful. Beyond Trinity Poetry, this collection journeys through emotions, introspection, and the rawness of human experience. Some pieces will comfort, others will challenge, but all will make you feel.

Turn the pages with an open heart. Let the words settle, the rhythms flow, and the meaning find you.

Introduction to Trinity Poetry

Poetry has always been an art of rhythm, meaning, and structure. From sonnets to haikus, each form carries its own unique identity. **Trinity Poetry** is my contribution to this rich tradition—an innovative style that balances brevity, rhythm, and depth. Every word is deliberate, every line purposeful, and every stanza a step toward a larger meaning.

This style is designed to be both independent and interconnected, creating layers of interpretation within its simplicity. Each part stands alone, yet together, they form something greater.

Why Trinity?

The number three holds a special place in art, philosophy, and nature. It represents:

- **Balance** – A structure where each part supports the others.
- **Completion** – A cycle that feels whole and resolved.
- **Interconnectedness** – A system where individual elements unite to form a deeper meaning.

Trinity Poetry embraces these principles, distilling emotions, thoughts, and stories into a compact yet profound form.

The Structure of Trinity Poetry

- **Each line** is a complete sentence, carrying its own independent meaning.
- **Three lines** form a **stanza**, where each line builds upon the others to create a unified thought. A stanza can stand alone as a complete poem.
- **Three stanzas** form a **poem**, where each stanza holds its own meaning, yet when combined, they create a larger, cohesive picture.

This structure ensures that every part of a Trinity Poem—each line, stanza, and poem—holds individual significance while also contributing to a greater whole.

A New Genre?

Trinity Poetry has always existed in the fabric of everyday language. The impact of three-word sequences has long been undeniable. Consider phrases like:

- *I love you*
- *See you soon*
- *Here for you*

These simple expressions carry emotional weight and clarity. Likewise, poetic structures like:

- *Lost in time*
- *Dreams fade fast*
- *Hope still lingers*

illustrate how three words can encapsulate a moment, a feeling, or a thought. Trinity Poetry builds upon this natural rhythm, transforming it into an intentional poetic form.

The Art and Philosophy Behind Trinity Poetry

Trinity Poetry is more than a structured form—it is a way of seeing and expressing the world.

Life itself is a series of interconnected moments, where each experience, thought, or feeling stands alone yet contributes to a greater story. Trinity Poetry mirrors this reality. Every line is independent, yet together they weave something richer, something whole.

This form embraces **minimalism** while carrying profound depth. It proves that poetry does not need excess to be powerful. Each word is intentional, each line a stepping stone, each stanza a world of its own.

Trinity Poetry challenges both writer and reader:

- To see beyond the surface.
- To find meaning within structure.
- To appreciate the beauty of simplicity.

In a world overwhelmed with noise, Trinity Poetry offers clarity.

Random Trinity Poems

These are standalone lines:

- Faith moves mountains.
- Doubt builds walls.
- Hope breaks chains.
- Time heals wounds.
- Pain shapes strength.
- Love restores souls.
- Past haunts me.
- Present teaches me.
- Future awaits me.
- Yesterday shaped me.
- Today tests me.
- Tomorrow awaits me.
- Flesh feels pain.
- Thoughts breed doubt.

- Spirit finds peace.
- Cries mark birth.
- Struggles define life
- Silence follows death.
- Sun warms hearts.
- Moon whispers dreams.
- Stars guide souls.
- Truth demands courage.
- Lies breed chaos.
- Secrets bury trust.
- Flags wave high.
- Thunder shakes ground.
- Clouds paints sky.
- Bullets pierce silence.
- Screams shatter peace.
- History repeats blind.
- Smoke blinds truth.

- Fear breeds war.
- Power kills conscience.
- Eyes chase stars.
- Steps forge paths.
- Destiny whispers near.
- Ink stains time.
- Words shape fate.
- Visions breathe life.
- Dreams birth giants.
- Mountains bow low.
- Skies open wide.
- You are mine.
- Stars burn bright.
- Time flows unseen.
- Shadows chase light.
- Feet touch earth.

- Wind whispers past.
- Life moves on.
- Silence holds weight.
- Breath tastes fleeting.
- Moments slip away.

Love & Connection

I

Hold me prisoner
In your heart
Nowhere else to-be.

Chain my soul
Lock me in
Love is home.

No escape needed
Staying right in
Forever with you.

II

I seek peace
I found you
My safe haven

In your arms
World stands still
Pain drifts away

You calm storms
With your touch
My heart rests

III

Hearts once whole.
Time stole us.
Love still lingers.

Hands feel empty.
Memories hold tight.
Echoes whisper names.

Love fades slow.
Pain stays deep.
We move on.

IV

Eyes lock tight.
Silence speaks deep.
Souls intertwine close.

Hands touch soft.
Words fail us.
Heart beats faster.

Love is found.
No need for speech.
You are home.

V

No words needed.
Hearts whisper loud.
Feelings run deep.

Through every storm.
Love binds us.
Time can't tear.

We are one.
Tied in spirit.
Bound by love.

VI

Touch so pure.
No confession needed.
Heartfelt prayers rise.

Life feels still.
Within your gaze.
I find refuge.

No words needed.
Feelings resonate deep.
We are whole

VII

Heart strings pulled.
Hands hold tight.
Love never strays.

Eyes glow bright.
Souls intertwine deeply.
We become one.

Prophecy now manifests.
Time stands still.
Love grows true.

VIII

Eyes strike mine.
Heart skips beats.
Love weighs-in heavily.

Bodies touch warmly.
Fingers trace softly.
Looped-in eternal love.

Moments feel infinite.
Hearts stay true.
Love never fades.

IX

At words, silence.
Eyes unveil depths.
Love finds passage.

Fingers clasp firm.
Hearts murmur soft.
Stillness speaks loudness.

Love holds steady.
Quiet lingers near.
Heart stays whole.

X

Whispers fade soft.
Hands reach far.
Love bridges space.

Eyes trace light.
Breath hums peace.
Souls weave time.

Night holds dreams.
Hearts sync deep.
Love stays whole.

XI

Heart strings pulled.
Hands hold tight.
Love never strays.

Eyes glow bright.
Souls intertwine deeply.
We become one.

Prophecy now manifest.
Time stands still.
Love grows true.

XII

I seek peace
I found you
My safe haven

In your arms
Worlds stand still
Bitter heart fades

You calm storms
With your touch
My heart rests

XIII

Hold me prisoner
In your heart
Nowhere else to-be.

Chain my soul
Lock me in
Love is home.

No escape needed
Staying right in
Forever with you.

XIV

World cuts deep,
Scars won't fade,
My heart grieving.

Storm rage aloud,
Soul weeps ocean,
Heart heavy, drowning.

Shield my soul,
Call me yours,
Be my peace.

XV

Three greatest words
Left in shadow
Secrets left unsaid

I love you
Feared of pain
Got me crippling

My heart's yours
To break apart
Or to hold

Faith & Purpose

I

Faith moves mountains.
Doubt builds walls.
Hope breaks chains.

Storms test strength.
Fear clouds vision.
Light finds way.

Destiny awaits patiently.
Steps feel uncertain.
Purpose calls loud.

II

Knees hit ground.
Tears stain floor.
Whispers rise skyward.

Silence speaks back.
Waiting feels endless.
Doubt creeps in.

Hope stays alive.
Time reveals answers.
Faith holds strong

III

Darkness hides paths.
Storms blur vision.
Hope lights way.

Doubt knocks loud.
Faith stands firm.
Trust feels fragile.

Steps seem blind.
Grace leads onward.
Purpose finds you.

IV

Fires burn deep.
Pain tests faith.
Ashes birth strength.

Tears flood nights.
Prayers feel empty.
Morning brings peace.

Wounds shape wisdom.
Trials teach patience.
Endurance builds character.

V

Patience feels heavy.
Waiting drains strength.
Hope clings tight.

Dreams seem distant.
Doors stay closed.
Faith whispers “soon.”

Seasons shift unexpectedly.
Paths clear suddenly.
Purpose arrives perfectly.

VII

Storms rage loud.
Winds shake foundations.
Faith stays firm.

Fear grips hearts.
Shadows grow tall.
Light breaks through.

God holds strong.
Hope remains anchored.
Peace floods soul.

VIII

Doubt knocks daily.
Fear whispers lies.
Faith answers back.

Mountains seem high.
Valleys feel endless.
Hope climbs anyway.

Words shape worlds.
Belief fuels action.
Destiny is written.

IX

Pain refines character.
Trials shape strength.
Faith proves real.

Nights feel endless.
Prayers sound empty.
Grace carries still.

Morning sun rises.
Peace floods soul.
God remains faithful.

X

Hearts seek meaning.
Questions haunt minds.
Purpose calls soft.

Doors seem locked.
Paths look hidden.
Steps feel uncertain.

Keep moving forward.
Trust divine timing.
Destiny awaits patiently.

XI

Doubt knocks hard.
Fear steals peace.
Faith stands firm.

Storms shake roots.
Waves crash strong.
Hope holds steady.

God writes stories.
Grace fills gaps.
Purpose unfolds perfectly.

XII

Tears fall silently.
Heart feels weary.
Grace speaks softly.

Prayers seem unheard.
Time moves slow.
God listens still.

Trust the process.
Faith fuels patience.
Miracles come unexpectedly.

XIII

Pain weighs heavy.
Regret chains tightly.
Hope feels lost.

Light cracks darkness.
Mercy breaks strongholds.
Healing flows freely.

Faith restores strength.
Purpose breathes life.
Freedom tastes sweet.

Life & Death

I

Breath slows down.
Time moves differently.
Memories fade slowly.

Graves hold names.
Tears stain stone.
Echoes whisper softly.

Life feels fleeting.
Death seems near.
Love lives on.

II

Born from dust.
Crying marks beginnings.
Time shapes stories.

Years pass quickly.
Faces grow older.
Wisdom replaces youth.

Flesh turns dust.
Bones rest deep.
Souls keep wandering.

III

Heartbeat grows faint.
Eyes see beyond.
Spirit drifts free.

Shadows call softly.
Light welcomes warmly.
Fears fade away.

Life feels brief.
Death seems final.
Souls live on.

IV

Life flows quickly.
Time never waits.
Change is constant.

Hearts break softly.
Grief whispers loud.
Memories linger long.

Death isn't loss.
Life finds meaning.
Love transcends time.

V

Breath exits gently.
Eyes close quietly.
Silence speaks loudly.

Hands hold tightly.
Tears fall freely.
Goodbye feels heavy.

Soul flies high.
Body rests still.
Beloved is gone.

VI

Death casts shadows.
Life shines brightly.
Hope lingers still.

Dust to dust.
Ashes to earth.
Memories never die.

Souls rise upward.
Love stays forever.
We live on.

VII

Breath fades slowly.
Time slips past.
Silence fills air.

Soul frees body.
Heart stops beating.
Life ends quietly.

Death calls softly.
Memories linger deeply.
Love lives forever.

VIII

Born to wander.
Lost to time,
Found by love.

Hands let go.
Eyes search skyward.
Hearts remain heavy.

Life is struggle.
Death is peace.
We moves onward.

IX

Days feels fleeting.
Nights grows long.
Life moves on.

Flesh turns cold.
Dust settles down.
Time forgets faces.

Love never dies.
Legacy never dies
Memories are eternal.

X

Life slips away.
Breath no longer.
Time stands still.

Hands let go.
Eyes slowly close.
Whispers fade out.

Death is peaceful.
Grief engulfs hearts.
Love endures always.

XI

Moments pass fast.
Life speeds by.
Time slips away.

Hearts ache quietly.
Tears fall gently.
Memories linger long.

Death claims all.
Life leaves traces.
Love stays constant.

XII

We live, we die.
Life reborn always.
Cycles never stop.

Eyes see fleeting.
Soul feels timeless.
Death brings peace.

Love overcomes death.
Time waits for none.
Souls remain bound.

XI

Footsteps fade softly.
Voices grow distant.
Echoes whisper memories.

Tears dry slowly.
Hearts still ache.
Loss lingers forever.

Time moves forward.
Love stays behind.
Shadows remain close.

XIII

Hands grow cold.
Lips speak nothing.
Eyes close forever.
Wind hums softly.

Light fades gently.
Darkness takes hold.

Grief holds tight.
Memories burn bright.
Goodbye lasts forever.

XIV

Stories end unexpectedly.
Chapters close quietly.
Pages turn endlessly.

Names carved deep.
Stone holds history.
Time forgets none.

Life is fleeting.
Death is waiting.
Love never fades.

Strength & Resilience

I

Storms may come.
Winds may howl.
I still stand.

Pain cuts deep.
Scars tell stories.
I rise stronger.

Nothing can break.
Heart beats fierce.
Soul stays unshaken.

II

Fell too hard.
Bones still ache.
Heart still bruised.

Rise once more.
Shake off dust.
Step toward light.

Stronger than before.
Pain made power.
Fear fades now.

III

Pain cuts deep.
Scars tell stories.
Strength still grows.

Fell too hard.
Rose even stronger.
Fear won’t win.

Eyes face storms.
Heart beats steady.
I keep fighting.

IV

Fire tests gold.
Pressure shapes diamonds.
Struggles mold warriors.

Hands once weak.
Now grip tightly.
Power feels natural.

I won’t break.
Time proves strength.
Pain fuels victory.

V

Walls may rise.
Chains may tighten.
Still I move.

Doubt whispers loud.
Courage roars louder.
I keep going.

Hope fuels steps.
Light stays near.
Nothing stops me.

VI

Storms rage fierce.
Winds howl wild.
I stand firm.

Heart beats strong.
Feet keep moving.
I won’t stop.

Bridges may burn.
Paths may close.
I still rise.

VII

Tears flood face.
Strength rises deep.
Courage takes root.

Battles may burn.
Wounds may sting.
I heal fast.

Defeat means nothing.
Victory's within reach.
I fight on.

VIII

Fell to earth.
Felt every bruise.
I rise again.

Darkness may call.
Light stays close.
I find strength.

Pain leaves marks.
Heart still strong.
I stand tall.

IX

Wounds may bleed.
Spirit stays whole.
I am steel.

Storms may roar.
Ground may shake.
I stand grounded.

Fears try hard.
Hope fights back.
Strength carries me.

X

Waves crash hard.
Ocean pulls deep.
I swim strong.

Pain floods in.
I breathe steady.
I push forward.

Dark clouds loom.
I find light.
Strength keeps going.

XI

Walls close in.
Voice still strong.
I won’t yield.

Dreams feel distant.
Hope burns bright.
I keep dreaming.

Hands may shake.
Feet move sure.
I never stop.

XII

Heart never breaks.
Soul stays unshaken.
Strength remains whole.

Dreams may stumble.
Hope stands tall.
I rise again.

Fear knocks loud.
Courage answers back.
I won’t falter.

XIII

Times may test.
Pressure may mount.
I stand tall.

Hands may tremble.
Heart beats firm.
I fight through.

Victory feels close.
Defeat won’t touch.
Strength keeps pushing.

XIV

Tears may fall.
Eyes still see.
I rise above.

Pain pulls back.
Hope pushes forward.
I keep climbing.

Challenges arise.
I stand taller.
Strength shines brightest.

XV

Words may fail.
Heart speaks loud.
Strength hides quietly.

Tears may fall.
Mind stays clear.
Soul never wavers.

Quiet strength grows.
Roots deep down.
I stay steady.

XVI

Hands may shake.
Heart beats steady.
I stay grounded.

Tears may flow.
Hope keeps rising.
Strength remains constant.

Storms rage strong.
I stand firm.
Resilience fuels me.

XVII

Night brings fear.
Light fights back.
Hope never fades.

Winds may tear.
Roots stay firm.
I hold fast.

Life may bend.
I stay straight.
Strength wins all.

Nature & Life

I

Leaves fall gently.
Wind whispers soft.
Trees stand tall.

Birds sing loudly.
Sunrise brings peace.
Nature breathes calm.

Roots run deep.
Earth holds tight.
Life moves slow.

II

Winter chills bones.
Spring breathes life.
Summer brings heat.

Autumn leaves fall.
Colors shift bright.
Nature transforms quick.

Cycles repeat clear.
Time moves onward.
Life changes fast.

III

Water moves swift.
Stones shape course.
River finds way.

Tides pull strong.
Currents take charge.
No path stops.

Deep waters call.
Nature’s voice loud.
I follow flow.

IV

Grass feels soft.
Dew clings tight.
Sunrise brings hope.

Birds greet day.
Wind stirs leaves.
Nature wakes fresh.

Light breaks through.
Clouds part slow.
The world smiles.

V

Seeds take root.
Soil feeds growth.
Life finds light.

Petals unfold slow.
Colors burst bright.
Life feels full.

Morning sun shines.
Rain nourishes deep.
Life begins again.

VI

Wind whispers soft.
Leaves dance free.
Sky turns wild.

Storms may rage.
Clouds fill dark.
Winds still roar.

Trees bend low.
Roots hold firm.
Nature moves on.

VII

Clouds gather close.
Raindrops kiss earth.
Nature breathes deep.

Puddles form slow.
Leaves shimmer bright.
Sky weeps soft.

Earth sings loud.
Soil drinks deep.
Growth springs fresh.

VIII

Morning breaks bright.
Sun warms skin.
Day begins slow.

Sky stays clear.
Birds soar high.
Sun calls life.

Dusk brings rest.
Stars light night.
Sun returns soon.

IX

Mountains rise tall.
Sky stretches far.
Horizons call wide.

Clouds shift slow.
Winds change course.
New paths wait.

Rivers flow fast.
Oceans roar loud.
Life keeps moving.

X

Tides rise high.
Waves crash down.
Time moves on.

Ocean whispers calm.
Currents flow steady.
Ebb and flow.

Horizons stretch wide.
Sky meets sea.
Life moves forward.

XI

Soil holds deep.
Roots twist strong.
Life begins there.

Leaves stretch wide.
Branches reach high.
Sun feeds all.

Seasons change fast.
Life stays rooted.
Nature’s cycle turns.

XII

Sunrise paints skies.
Light breaks dark.
Day begins bright.

Clouds shift slow.
Birds fly high.
Morning calls soft.

Life stirs warm.
Hope rises strong.
Dawn fills air.

XIII

Wind hums soft.
Trees sway slow.
Leaves dance free.

Branches stretch wide.
Sky meets earth.
Nature’s voice speaks.

Ground feels steady.
Roots hold deep.
Life grows strong.

XIV

Clouds drift past.
Sun peeks through.
Moments fade quick.

Leaves fall slow.
Breeze carries time.
Change comes fast.

Days turn bright.
Nights bring rest.
Life keeps turning.

XV

Stars light sky.
Moon glows bright.
Night feels calm.

Wind stirs trees.
Nighttime whispers low.
Stars watch close.

Dreams take flight.
Time feels still.
Sky wraps all

Pain & Healing

I

Tears fall slow.
Heart feels heavy.
Pain speaks loud.

Hands tremble weak.
Words fail short.
Grief stays close.

Time heals deep.
Wounds slowly fade.
Hope rises strong.

II

Mind races fast.
Heart beats soft.
Peace stays near.

Pain fades slow.
Breath fills deep.
Healing takes time.

Hands reach out.
Light fills dark.
Strength grows strong.

III

Scars feel fresh.
Pain cuts deep.
Healing takes time.

Tears blur sight.
Heart feels lost.
Hope is faint.

Strength grows slow.
Healing speaks soft.
Wounds fade still.

IV

Sorrow feels close.
Tears stain cheeks.
Pain won’t leave.

Heart aches loud.
Mind stays fogged.
Hope feels dim.

Sun breaks through.
Light shines bright.
Hurt fades fast.

V

Hands hold tight.
Heart stays cold.
Pain grips hard.

Tears fall slow.
Words fade out.
Silence stays deep.

Freedom calls loud.
Pain leaves gone.
Heart finds peace.

VI

Wounds slowly heal.
Tears dry quick.
Time moves on.

Strength fills soul.
Heart beats strong.
Pain fades out.

Step by step.
Mind clears bright.
Healing takes hold.

VII

Shards fall fast.
Pain cuts deep.
Heart feels lost.

Tears blur vision.
Loneliness feels loud.
Hope fades thin.

Healing comes slow.
Time mends wounds.
Heart finds peace.

VIII

Fly low now.
Wings feel torn.
Pain weighs heavy.

Silent cries echo.
Tears fall still.
Hope seems far.

Strength returns slow.
Wings grow whole.
Freedom feels near.

IX

Darkness feels cold.
Tears stain cheeks.
Hope fades fast.

Heart beats weak.
Mind stays lost.
Light seems dim.

Healing speaks soft.
Strength grows deep.
Hope returns bright.

X

Pain speaks loud.
Heart stays still.
Strength grows silent.

Tears fall fast.
Mind feels lost.
Healing takes time.

Courage grows slow.
Heart finds peace.
Strength moves forward.

XI

Pain grips tight.
Heart feels broken.
Tears fall fast.

Memories linger close.
Mind stays heavy.
Hope feels far.

Healing comes slow.
Strength fills soul.
Heart finds peace.

XII

Sorrow rings loud.
Tears blur sight.
Grief stays close.

Words fall short.
Heart feels weak.
Pain drags deep.

Hope shines bright.
Strength rises strong.
Healing brings peace.

XIII

Broken pieces lay.
Heart feels torn.
Pain won’t leave.

Mind stays clouded.
Tears don’t stop.
Hope feels faint.

Step by step.
Strength grows steady.
Healing brings light.

XIV

Tears fall soft.
Heart bleeds quiet.
Pain speaks loud.

Words can’t heal.
Mind drifts slow.
Healing feels far.

Strength stays close.
Silence speaks truth.
Healing moves deep.

Hope & Dreams

I

Light breaks soft.
Hope whispers close.
Dreams feel nearby.

Morning sun warms.
Heart beats bright.
Dreams take flight.

Day brings change.
Hope rises high.
Dreams touch sky.

II

Night skies gleam.
Stars guide me.
Dreams feel real.

Steps lead forward.
Heart beats fast.
Stars shine bright.

Eyes on dreams.
Hope holds tight.
Stars light path.

III

Roads stretch far.
Dreams guide steps.
Hope lights way.

Each step forward.
Heart beats strong.
Dreams take shape.

Eyes see clear.
Hope whispers loud.
Path unfolds bright.

IV

Clouds drift past.
Hope shines bright.
Dreams take flight.

Wings spread wide.
Sky feels near.
Future feels clear.

Stars call out.
Heart beats fast.
Dreams reach high.

V

Eyes look up.
Hope fills soul.
Dreams feel close.

Hands stretch far.
Heart holds tight.
Dreams take form.

Time moves slow.
Hope grows bright.
Dreams unfold soon.

VI

Horizons expand.
Eyes gaze far.
Hope feels near.

Heart stays steady.
Feet move forward.
Dreams push on.

Sky turns bright.
Wings lift high.
Horizons await.

VII

Footsteps grow sure.
Eyes find way.
Dreams lead on.

Hands hold faith.
Heart stays strong.
Hope lights dark.

Future unfolds bright.
Dreams bloom wide.
Path becomes clear.

VIII

Heart beats steady.
Eyes see far.
Hope stays true.

Hands stretch high.
Dreams grow close.
Path opens wide.

Stars guide forward.
Hope fills space.
Dreams touch sky.

IX

Voice stays still.
Hope speaks loud.
Dreams feel real.

Eyes watch close.
Hands hold tight.
Faith stays strong.

Sky turns bright.
Hope fills heart.
Dreams unfold fast.

X

Morning breaks clear.
Dreams take root.
Hope feels real.

Steps move forward.
Heart beats fast.
Future shines bright.

Eyes seek truth.
Hope fills soul.
Dreams come true.

XI

Feet touch ground.
Hands reach up.
Dreams soar high.

Hope whispers soft.
Heart beats strong.
Sky holds promise.

Wings spread wide.
Dreams take flight.
Hope guides path.

XII

Pages turn slow.
Hope writes words.
Dreams shape fate.

Eyes seek light.
Hands hold truth.
Future feels close.

Heart beats strong.
Path is clear.
Dreams come true.

XIII

Whispers echo soft.
Dreams hold tight.
Hope stays near.

Hands touch warm.
Eyes speak deep.
Hearts stay close.

Time moves slow.
Dreams take form.
Hope feels strong.

XIV

Clouds drift far.
Hope rises high.
Dreams touch sky.

Hearts beat fast.
Eyes stay bright.
Stars light way.

Wings lift strong.
Path feels sure.
Dreams await now.

XV

Eyes open wide.
Hope fills heart.
Dreams take flight.

Hands reach out.
Feet move fast.
Future calls loud.

Sky turns bright.
Hope stays close.
Dreams unfold slow.

Mental Health & Inner Peace

I

Tides roar high.
Thoughts roam vast.
Peace sinks deep.

Fears sneak close.
Air sways light.
Spirit glows bold.

Moments fade slow.
Pulse hums low.
Faith lingers close.

II

Scars might burn.
Mind holds true.
Will grows fierce.

Doubts creep in.
Soul remains bold.
Heart beats loud.

Storms may howl.
Calm drifts near.
Hope breaks through.

III

Darkness spreads far.
Whispers float light.
Mind glows fierce.

Wounds may echo.
Soul knits slow.
Trust towers high.

Time slips thin.
Stillness spreads deep.
Hope flows strong.

IV

Dreams drift far.
Mind slips free.
Will holds fast.

Shadows may rise.
Breath flows soft.
Light draws close.

Chaos might roar.
Faith leans back.
Calm walks slow.

V

Mind feels loud.
Soul stays calm.
Peace holds firm.

Thoughts race fast.
Heart beats slow.
Strength grows steady.

Darkness tries hard.
Hope stays near.
Peace stays close.

VI

Pain presses low.
Soul floats free.
Will runs deep.

Doubts may climb.
Heart holds calm.
Faith lingers close.

Hours drift thin.
Calm sparks bright.
Mending takes root.

VII

Thoughts crowd fast.
Breath stays deep.
Peace finds way.

Tension fades quick.
Soul stays still.
Heart feels calm.

Time stands still.
Mind grows clear.
Strength finds peace.

VIII

Doubts creep in.
Will holds on
Thoughts shine bold.

Pressure weighs down.
Lungs draw full.
Faith burns still.

Waves will crash.
Courage roots deep.
Stillness settles in.

IX

Mind feels lost.
Soul finds peace.
Strength holds close.

Fears may rise.
Heart beats steady.
Hope whispers near.

Time moves slow.
Peace comes swift.
Strength grows deep.

X

Thoughts loom grim.
Heart gleams bold.
Spirit glows soft.

Doubts may climb.
Mind steers sharp.
Faith draws close.

Calm carves room.
Will grips tight.
Love endures long.

XI

Shackles holds down.
Spirit roams wild.
Will climbs high.

Dread creeps near.
Thoughts rest still.
Faith lights paths.

Shadows may loom.
Calm hums soft.
Courage breaks past.

XII

Pain weighs down.
Soul feels light.
Strength grows deep.0

Fears may rise.
Heart stays still.
Hope stays near.

Time moves slow.
Peace starts here.
Healing begins now.

XIII

Echoes cry wild.
Mind dwells caged.
Soul lingers bold.

Doubts may swell.
Heart drums soft.
Faith lingers close.

Hush may wail.
Might treads forth.
Calm drifts late.

The Power of Self-Worth

I

Self-doubt lingers long.
Voice feels weak.
Strength grows within.

Eyes find truth.
Heart beats sure.
Mind stays clear.

Know your worth.
Strength in silence.
Peace fills space.

II

Thoughts cloud vision.
Confidence feels far.
Self-love holds tight.

Heart beats strong.
Eyes see clear.
Worth finds way.

Rise in strength.
Voice stands tall.
Hope stays close.

III

Dread clings close.
Tone quakes low.
Worth stands bold.

Soul claims room.
Will climbs high.
Light gleams fierce.

You stand whole.
Truth rings loud.
Calm dwells here.

IV

Doubt clouds mind.
Voice shakes slight.
Courage rises strong.

Heart beats bold.
Eyes see clear.
Soul finds peace.

Believe in self.
Confidence holds close.
Worth shines bright.

V

Fear whispers loud.
Confidence feels faint.
Self-love stands firm.

Thoughts clear slow.
Strength fills deep.
Heart beats steady.

Know your power.
Value doesn't fade.
Peace rests here.

VI

Insecurity whispers soft.
Doubt clings close.
Self-worth grows loud.

Eyes gaze steady.
Heart beats proud.
Mind finds calm.

Stand in light.
Strength roots deep.
Peace flows soft.

VII

Unrest swells high.
Words fade dim.
Bravery stands near.

Pulse finds beat.
Thoughts shine fast.
Warmth claims room.

Believe thy soul.
Will charts path.
Light never falters.

VIII

When fear creeps-in,
Doubt veils sight,
Bravery holds fast.

Pulse hums low,
Gaze gleams fierce,
Spirit claims rest.

Own thy strength,
Worth flows vast,
Calm dwells within.

Adelana Victor

Adelana Victor Blaqhárt is a poet, writer, and creative visionary with a passion for storytelling that challenges perspectives and evokes deep emotions. He explores language in unconventional ways, crafting works that blend rhythm, meaning, and structure.

As the creator of **Trinity Poetry**, he introduces a unique poetic form built on brevity and depth, proving that simplicity can hold profound impact. His work spans poetry, music, and thought-provoking narratives, each piece reflecting his commitment to artistic expression.

Beyond writing, he is dedicated to shaping creative spaces that amplify voices and push boundaries. *View from a Poet's Horizon* is a testament to his journey—a collection that invites readers to feel, reflect, and see poetry in a new light.

BROKENN